



May 2008

## SENIOR CENTER CALENDAR

651-9161

Monday	Tuesday	Wednesday	Thursday	Friday
			1 9-9:45 Personal Training 10/10:45/11:30/12:25 Tai Chi(L) 12:30 Card Sharks	2 9:15 Exercise 9:30 Chiropractor(appts) 9:30-1:30 VNA Foot care(appts) 10:30 Yoga 1:00 Line Dancing 12:00 Cardio Exercise 1:00 Balance Exercise
8-10 Rink Walkers(ISC) 5 9:30 Widows Breakfast(F) 9:15 Exercise 10-12 Snuggles Knitting 12:00 Bridge 10-12 Stamping Class 12:00 Cardio Exercise 1:00 Balance Exercise Trip: Lunch in Granby	6 9-9:45 Personal Training 10-2:30 Ceramics 10/10:45/11:30/12:25 Tai Chi(N) 12:30 Bowling (Last 'til Fall) 1:00 Tap Dance	7 7:00 Codgers(F) 9:00 Bird Watchers (bandshell) 9:15 Exercise 10:00 Intonations 10:00 Massage (appts) 10:30 Life History Writing 10:30 Yoga 12:00 Cardio Exercise 1:00 Balance Exercise 1:00 Red Hat Meeting 1-3 Social Security(appts)	8 9-9:45 Personal Training 10/10:45/11:30/12:25 Tai Chi <b>12-1 Pot Luck</b> 12:30 Card Sharks 2-4 Investment Club	9 No Exercise or Yoga 9:30-1:30 VNA Foot care(appts) 12:15-1:15 Blood Pressure 1:00 Line Dancing 12:00 Cardio Exercise 1:00 Balance Exercise <b>2-3 Mother's Day Tea</b>
12 8-10 Rink Walkers(ISC) 9:15 Exercise 10-12 Snuggles knitting 12:00 Bridge 10-12 Stamping Class 12:00 Cardio Exercise 1:00 Balance Exercise	13 9-9:45 Personal Training 10-2:30 Ceramics 10/10:45/11:30/12:25 Tai Chi 11:30 Retired Men's Lunch 1:00 Tap Dance	14 7:00 Codgers(F) 9:00 Bird Watchers(GP) 9:15 Exercise 10:00 Intonations 10:30 Life History Writing 10:30 Yoga 12:00 Cardio Exercise 1:00 Balance Exercise	15 <b>9-1 55-Alive</b> 9-9:45 Personal Training <b>9-12 Veterans' Service Office (Open) (TH)</b> 10/10:45/11:30/12:25 Tai Chi 12:30 Card Sharks <b>1:00 Reverse Mortgage</b>	16 <b>9-1 55-Alive</b> 9:15 Exercise 10:30 Yoga 9:30-1:30 VNA Foot care(appts) 10:00 Cooking w/Elaine 10:00 Choices (appts) 12:00 Cardio Exercise 1:00 Balance Exercise <b>4-6 Student Union Senior Prom followed by Spaghetti Dinner 6-8 (Jump on board bus available. Call Senior Office)</b>
19 8-10 Rink Walkers(ISC) 9:15 Exercise 10-12 Snuggles knitting 12:00 Bridge 10-12 Stamping Class 12:00 Cardio Exercise 1:00 Balance Exercise	20 9-9:45 Personal Training 10-2:30 Ceramics 10/10:45/11:30/12:25 Tai Chi 1:00 Tap Dance <b>Bowling Banquet</b> Trip: Bushnell Tour	21 7:00 Codgers(F) 9:15 Exercise 10:00 Intonations 10:00 Massage (appts) 10:30 Yoga 10:30 Life History Writing 12:00 Cardio Exercise 1:00 Balance Exercise	22 9-9:45 Personal Training 10/10:45/11:30/12:25 Tai Chi <b>1:30 Film Fest</b>	23 9:15 Exercise 10:30 Yoga 9:30-1:30 VNA Foot care(appts) 1:00 Line Dancing 12:00 Cardio Exercise 1:00 Balance Exercise
 <b>Memorial Day</b> Senior Center Closed	26 9-9:45 Personal Training 27 10-2:30 Ceramics 10/10:45/11:30/12:25 Tai Chi 10:30 Hearing Clinic 1:00 Tap Dance	28 7:00 Codgers(F) 9:15 Exercise 10:00 Intonations 10:00 Book Club 10:30 Yoga 10:30 Life History Writing 12:00 Cardio Exercise 1:00 Balance Exercise	29 9-9:45 Personal Training(L) 10/10:45/11:30/12:25 Tai Chi 12:30 Card Sharks	30 9:15 Exercise 10:30 Yoga 9:30-1:30 VNA Foot care(appts) 1:00 Line Dancing 12:00 Cardio Exercise 1:00 Balance Exercise